



# Fitness Schedule

YMCA of Eastern Ontario  
Brockville Location

Dates Effective :  
March 22nd—June 28th  
2020

Next Expected Update:  
June 28, 2020

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	Turf Time 5:45-6:30 (Rig)				Cycle Fit 5:45-6:45 (Cycle)				Cycle Fit 5:45-6:45 (Cycle)		
Aquafit Intervals 9:15-10:00 (Pool)	RIP 9:00-9:45 (Studio)	Aquafit 8:45-9:30 (Pool)	Total Body 8:30-9:15 (Studio)	Aquafit 8:45-9:30 (Pool)	Aquafit 8:45-9:30 (Pool)		Total Body 8:30-9:15 (Studio)	Aquafit 8:45-9:30 (Pool)	Low Impact 9:00-9:45 (Studio)	Aqua Zumba 8:45-9:30 (Pool)	
	Yoga 9:15-10:15 (Yoga)	Cycle Fit 9:30-10:15 (Cycle)	Zumba Gold 9:30-10:15 (Studio)		Step 9:30-10:15 (Studio)	Cycle Fit 9:30-10:15 (Cycle)	Zumba Gold 9:30-10:15 (Studio)		Cycle Fit 9:30-10:15 (Cycle)		Instructor's Choice 10:30-11:00 *See monthly list for class types.
Tabata 10:30-11:15 (Gym)	Chair Yoga 10:30-11:30 (Yoga Studio)	Barre Above 10:30-11:15 (Studio)	Yoga 10:30-11:30 (Gym)	GTB 10:30-11:15 (Studio)	Yoga 9:30-10:30 (Yoga Studio)	Gentle Stretch 10:30-11:15 (Studio)	Yoga 10:30-11:30 (Gym)	GTB 10:30-11:15 (Studio)	Yoga 10:30-11:30 (Yoga Studio)	Chair Zumba 10:30-11:15 (Studio)	Stretch 11:05-11:30 (Studio)
			Modern Line Dancing 11:30-12:10 (Studio)								
	Turf Time 12:15-12:45 (Rig)	Aquafit 12:15-1:00 (Pool)	Tabata 12:15-12:45 (Studio)	Aqua-Lite 12:15-12:45 (Pool)	Turf Time 12:15-12:45 (Rig)	Aqua Zumba 12:15-1:00 (Pool)	Step 12:15-12:45 (Studio)		Total Body Sculpt 12:15-12:45 (Studio)	Aquafit 12:15-1:00 (Pool)	
			Sit Fit 1:00-1:45 (Studio)	Deep Water 2:00-2:45 (Pool)	Sit Fit 1:30-2:15 (Studio)		Deep Water Intervals 2:00-2:45 (Pool)				
	Zumba 5:15-6:00 (Studio)		Turf Time 5:15-6:00 (Rig)		Tabata 4:45-5:30 (Studio)		Zumba 5:15-6:00 (Gym)				
	Barre Above 6:15-7:00 (Studio)		Yoga 6:15-7:15 (Yoga)		Core 5:45-6:30 (Studio)		Turf Time 6:15-7:00 (Rig)	Yoga 6:15-7:15 (Yoga)			